

# Table of Contents

## Dinner

### Mexican

Homemade Chicken Taquitos .....	2
Mexican Barbacoa Tacos.....	3
Baked Beef, Bean, and Corn Quesadillas.....	4
Healthy Low-Carb Chicken Enchilada .....	5
Authentic Mexican Fried Empanadas.....	6
Pork Chimichangas with Salsa Verde.....	7

# Homemade Chicken Taquitos

Modern Proper



6 serving



30 minutes

## INGREDIENTS

chicken breast, poached and shredded

1 tbsp taco seasoning\*\*

12 corn tortillas

2 cups mozzarella, shredded

2 cups iceberg lettuce, shredded

1 cup sour cream

1 cup guacamole

1 cup pico de gallo

canola oil, for frying

tooth picks



## INSTRUCTIONS

1. Wrap tortillas in a tea towel and microwave for 1 minute.
2. In a large bowl combine taco seasoning along with shredded chicken breast and mozzarella.
3. Working with one tortilla at a time, measure out  $\frac{1}{3}$  of a cup filling and place down the center of the tortilla. Tightly wrap/roll the tortilla around the filling and pierce with a toothpick to hold it together. Tip: Cover prepared taquitos with a damp towel to keep the tortillas from cracking.
4. Heat 1" of canola oil over medium heat until oil is glistening. Working in small batches fry the prepared taquitos until light brown, rotating every 1-2 minutes. Transfer to a paper towel lined plate. If making a large batch, place finished taquitos on a baking sheet in a 250°F oven until ready to serve.
5. When ready to serve, top taquitos with shredded lettuce, sour cream, guacamole and pico de gallo or salsa.

### NUTRITIONAL INFORMATION

Calories 445

Fat 25g

Protein 28g

Sugars 5g

Carbohydrates: 26g

# Mexican Barbacoa Tacos

Jar of Lemons



6 tacos



5 hours

## INGREDIENTS

1 lb chuck steak

1 cup broth

1/4 cup apple cider vinegar

1/2 cup tomato sauce

1/4 cup lime juice

2 tsp garlic powder

1 Tbsp black pepper

1 tsp dried thyme

1 Tbsp cumin powder

1/2 tsp cinnamon

pinch of salt

1/4 onion, chopped

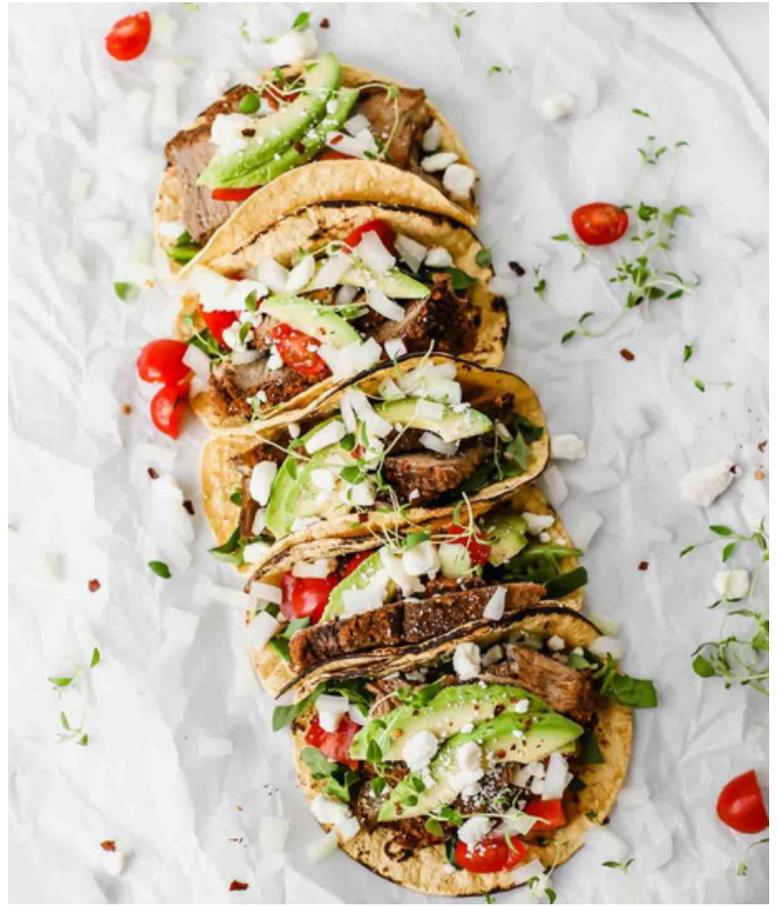
6 corn tortillas

1 cup lettuce

10 grape tomatoes, chopped

1 small avocado

1/4 cup crumbled feta



## INSTRUCTIONS

1. Place the chuck steak in the slow cooker.
2. Mix the broth, vinegar, tomato sauce, lime juice, and spices together.
3. Pour the mixture over the steak.
4. Finely chop the onion and place half of the amount in the slow cooker with the steak.
5. Cook on low for 5 hours (or until fork-tender).
6. Heat the tortillas and top each one with lettuce, tomatoes, sliced avocado, the remaining onion, and crumbled feta.
7. Slice the cooked chuck steak and add to each tortilla.
8. Serve and enjoy!

### NUTRITIONAL INFORMATION

Calories 301

Fat 19g

Protein 17g

Carbohydrates:15g

# Baked Beef, Bean & Corn Quesadillas

Beef, It's What's For Dinner

 4 serving  40 minutes

## INGREDIENTS

1 pound Ground Beef (95% lean)

Salt and pepper

1 cup prepared salsa

1/2 cup canned black beans, rinsed, drained

1/2 cup frozen corn, defrosted, drained well

8 small flour tortillas (6 to 7-inch diameter)

3/4 cup shredded reduced fat Cheddar cheese or Mexican cheese blend



## INSTRUCTIONS

1. Heat oven to 400°F. Heat large nonstick skillet over medium heat until hot. Add Ground Beef; cook 8 to 10 minutes, breaking into 3/4-inch crumbles and stirring occasionally. Pour off drippings; season with salt and pepper, as desired.
  - a. Cook's Tip: Cooking times are for fresh or thoroughly thawed Ground Beef. Ground Beef should be cooked to an internal temperature of 160°F
2. Stir in salsa, beans and corn; cook and stir 4 to 5 minutes or until thickened and heated through.
3. Spray baking sheet with cooking spray. Arrange 4 tortillas on baking sheet, overlapping slightly, if necessary. Sprinkle 1/2 of cheese evenly over tortillas. Spoon beef mixture evenly over cheese; top with remaining cheese and tortillas. Spray top tortillas with cooking spray.
4. Bake in 400°F oven 11 to 13 minutes or until quesadillas are lightly browned and edges are crisp. Cut into wedges to serve.

### NUTRITIONAL INFORMATION

Calories 465

Fat 7g

Protein 39g

Carbohydrates: 3.3g

# Healthy Low-Carb Chicken Enchiladas

Food Faith Fitness

 2 serving  30 minutes

## INGREDIENTS

1 Boneless Skinless Chicken Breast, shredded (about 1 cup)  
2 cups Egg Whites  
1/2 tablespoon Olive Oil  
1/2 small Onion, chopped (about 1/4 cup)  
1/2 tablespoon Garlic, minced  
1/2 cup Fire Roasted Tomatoes, blended in a food processor  
3 tablespoons Salsa  
1/4 teaspoon Red Chili Powder  
1/8 teaspoon Cumin  
1/8 teaspoon Smoked Paprika  
1/8 teaspoon Crushed Red Pepper, optional  
Salt and Pepper, to taste  
1/4 cup Frozen Corn, if frozen, thawed  
1/2 cup Reduced Fat Shredded Cheddar Cheese  
3/4 cup Enchilada Sauce  
For the Avocado Crema:  
1/4 cup Avocado, about half a large avocado  
1/4 cup Plain Greek Non Fat Yogurt  
Salt and Pepper, to taste



## INSTRUCTIONS

1. Bring a large pot of salted water to a boil and cook the chicken breast until it is no longer pink inside, about 15-20 minutes. Using two forks, shred the chicken and set aside to cool.
2. Preheat your oven to 400°F and spray a small baking dish (mine was 6x8) with cooking spray, set aside.
3. Spray a small, non-stick, frying pan with cooking spray and heat on high. Once hot, turn down the heat to medium/low and slowly pour 1/2 cup of liquid egg whites in, covering with a tight fitting lid. Cook until the top of the whites are just set and slightly bubbly (about 2-3 minutes). Remove the lid, carefully flip the egg whites and cook for an additional 2-3 minutes, or until the “tortilla” is cooked. Slide onto a plate and repeat with the remaining 1 1/2 cup egg whites.
4. While the egg whites are cooking, heat the 1/2 Tablespoon oil in a large pan on medium/high heat. Cook the chopped onion and garlic until soft, about 1-2 minutes. Stir in the blended tomatoes, salsa, chili powder, cumin, paprika and red pepper flakes, if using. Season to taste with salt and pepper.

To Assemble:

1. Take one egg white “tortilla” and place 2 Tablespoons of the tomato sauce in a line along the bottom portion. Top with 1 Tablespoon of the thawed corn and 1/4 cup of shredded chicken. Roll up tightly and place in the prepared baking dish, securing with a toothpick if needed. Repeat for the remaining enchiladas.
2. Pour the enchiladas sauce evenly over the dish and top with the grated cheese.
3. Bake until the cheese is melted, 8-10 minutes.
4. While the enchiladas bake, add the avocado and Greek yogurt into a small food processor, and blend until well combined. Season to taste with salt and pepper.
5. Serve the enchiladas hot with the avocado crema and cilantro.

### NUTRITIONAL INFORMATION

Calories 183

Fat 5g

Protein 13g

Sugars 13g

Carbohydrates: 24g

(no toppings)

# Authentic Mexican Fried Empanadas

My Latina Table



12 servings



45 minutes

## INGREDIENTS

### For the Masa

- 1 Lb Prepared Corn Masa
- 1 Cup All Purpose Flour
- 1 Tsp Salt
- 1/2 Cup Water
- 2 Cups Oil For frying

### For the Ground Beef Filling

- 1 Lb Ground Beef
- 1/4 Onion Finely Chopped
- 1/4 bunch Cilantro Finely Chopped
- 1 Tomato Finely Chopped
- 1 Tsp Salt
- 1 Tsp Cumin
- 1/2 Tsp Pepper
- 1 Tsp Garlic Powder
- 1/2 Tsp Lemon Pepper
- 1 Tsp Paprika

### For Cheese Filled Empanadas

- 2 Cups Queso de Oaxaca or other melting cheese



## INSTRUCTIONS

1. Add the prepared masa to a large bowl and then add the flour, salt, and a little bit of the water.
2. Stir, adding more water until you reach the desired consistency. It should be thick enough that it doesn't break up when you make a tortilla, but thin enough that it won't take too long to cook through.
3. Form balls with about 1/4 cup of masa and flatten the tortilla using a tortilla press with plastic wrap on the top and bottom. Add the filling (ground beef or cheese) and fold over using the plastic wrap to assist and seal the edges with your fingers or a fork.
4. Heat oil to about 350-365 degrees fahrenheit in a pot or a frying pan and add the empanadas 1 or 2 at a time. You will fry the empanadas for approximately 3-5 minutes each until golden brown.
5. Serve with lettuce, pico de gallo, salsa, and crema.

### For the Ground Beef

1. Heat the ground beef and add the rest of the ingredients. Cook until cooked through, adjusting seasonings to taste.

### NUTRITIONAL INFORMATION

Calories 418

Fat 20g

Protein 20g

Sugars 1g

Carbohydrates 39g

# Pork Chimichangas with Salsa Verde

My Latina Table



6 servings



25 minutes

## INGREDIENTS

6 Large Flour Tortillas Burrito Size

1 pound Smoked Pork or other shredded pork

1 cup Cheddar Cheese

1/2 cup cooked rice

1 cup Salsa Verde

Canola Oil for frying

1 tbsp olive oil

guacamole

lettuce

sour cream



## INSTRUCTIONS

1. Start by adding the olive oil to a frying pan and then add the smoked pork and the salsa verde. Stir well and let cook for about 5 minutes over medium heat.
2. Place one tortilla on a flat surface and add 1/6 of the smoked pork, the rice, and the cheese and fold like a burrito. You can make sure it stays together by sticking it with a toothpick.
3. Fry in hot oil for 1-2 minutes or until it is browned on all sides.
4. Remove excess oil and serve with guacamole, sour cream, and lettuce

### NUTRITIONAL INFORMATION

Calories 304

Fat 21g

Protein 7g

Sugars 4g

Carbohydrates 22g